

# HALIFAX metro®

NEWS  
WORTH  
SHARING.

## Mind the gap!

The city is warning drivers about early potholes due to rapid freeze-and-thaw conditions

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## Have a fear of flus?

How bad is this year's flu season? What about H1N1? Who's vulnerable? Metro's got your answers

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## Fight fear with terror

Star of the new sci-fi series Helix describes the show as 'intense, but still an escape'

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## LAMPPOSTS MADE OF CANDY CANE?

FACEBOOK PAGE UNVEILS IDEAS FOR MAKING THE CITY BETTER

PAGE 4



## A GROWING PROBLEM

John Quinn checks his medical marijuana plants at his Dartmouth apartment on Monday. Quinn has filed a complaint with the Nova Scotia Human Rights Commission over alleged harassment by his apartment building superintendant and property manager over his medical marijuana use.

Story, page 2. JEFF HARPER/METRO

# Jury picked in murder case

**Amber Kirwan.** Testimony could begin Tuesday against Christopher Falconer

Seven women and six men have been selected to hear evidence in the murder trial of Christopher Alexander Falconer.

The 31-year-old man is charged with the kidnapping and first-degree murder of 19-year-old Amber Kirwan between Oct. 9 and Nov. 5, 2011.

Falconer stood on the stage of the deCote Centre and entered a not-guilty plea early in the proceedings. He sat quietly through the morning after arriving at the Pictou Justice Centre around 9 a.m. in sheriff's custody.

Kirwan was reported missing Oct. 9, 2011, after leaving a downtown New Glasgow pool hall. Her remains were found in Heathbell about a month later.

Jury selection began at 9:30 a.m. at the centre, which was



Amber Kirwan HANDOUT



Christopher Falconer NEW GLASGOW NEWS

made into a makeshift courthouse to accommodate the larger-than-normal-size jury pool.

Four hundred jury summons went out, but only about 200 people actually showed up Monday due to exemptions granted before the selection took place. Thirty people without exemptions failed to show.

A total of 42 witnesses have been subpoenaed by the Crown to testify, including Amber's parents Donnie and Marjorie Kirwan, as well as her boyfriend Mason Campbell.

Friends who were involved in the search for Kirwan are

also being called by the Crown, as well as a slew of RCMP, police investigators and specialists.

Crown Attorney Bill Gorman said there is a large amount of forensic evidence to be heard at the trial.

Following jury selection, Justice Nick Scaravelli resumed the proceedings in Supreme Court to give the jury their instructions for the trial that is expected to last a month.

The Crown expects to get through eight or nine witnesses on Tuesday, some of which could be Kirwan's parents and friends. NEW GLASGOW NEWS



## Brunello puts the happy in Happy New Year.

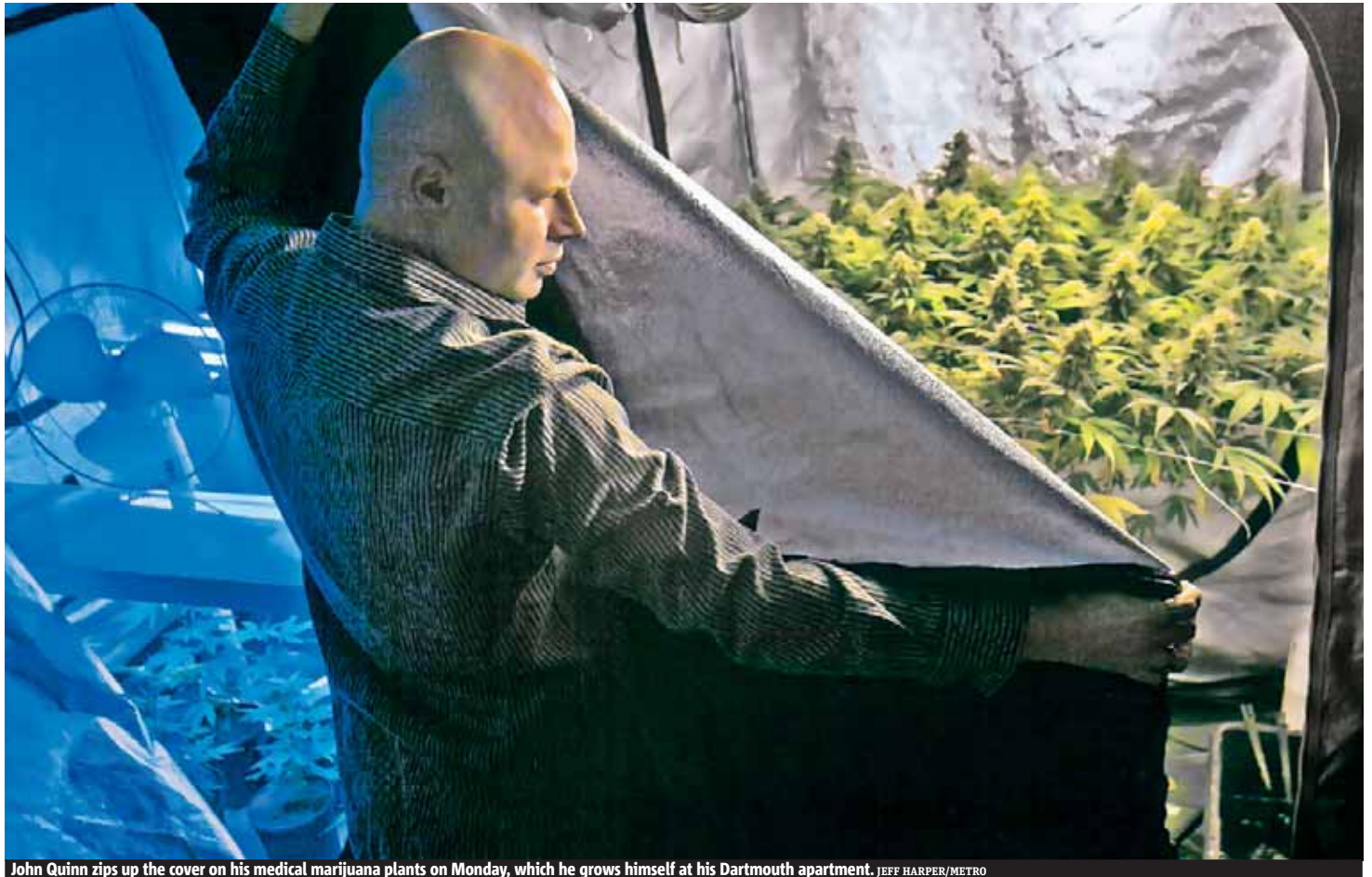
2014 is for 18 holes and room to grow your family, 15 minutes from downtown.

Active listings online! Exit # 3 off the 103 Display Centre open Sundays, 1 to 5

A SENSE OF PLACE  
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brunelloestates.com



# 'You made us feel like criminals,' pot user says



John Quinn zips up the cover on his medical marijuana plants on Monday, which he grows himself at his Dartmouth apartment. JEFF HARPER/METRO

**Dartmouth.** Man claims property managers have threatened eviction, called police, Child Welfare, over medical marijuana use



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

A medical marijuana user living in Dartmouth says his schooling and family life has been destroyed by harassment over his medical marijuana use.

"It feels like I'm in prison. It feels like I'm sitting in jail right now. My family's gone, and it feels like I'm being monitored," said John Quinn Monday.

Quinn has filed a complaint with the Nova Scotia Human Rights Commission

over alleged discrimination by the superintendent and property manager of his Albro Lake Road apartment.

He disclosed his licence to grow and use medical marijuana when he signed a lease in June. Although the building super didn't raise any concerns then, Quinn said he's been subjected ever since to repeated police calls, accusations that he's selling his pot, and investigations by Child Welfare Services.

He was even ordered to leave after an inspection by the property manager in November, though the eviction order was rescinded.

"The only thing that he could do was ask for a copy of my (permit,) because (marijuana) could potentially harm other tenants," said Quinn. "What about an oxygen tank? That could explode. What's the difference, in reality?"

The former welder said the marijuana manages his

## Quoted

**"I just want the harassment to stop, and I want to make sure that it stops instead of waiting for a knock at the door."**

Medical marijuana user John Quinn

joint pain effectively without affecting his mental state or causing addiction. He grows the plants in a separate unit from the apartment where he lives with his family, and has installed charcoal filters to manage any odours.

Quinn said he's had to drop out of his upgrade courses because of stress caused by the alleged harassment, and has sent his partner and children to live in Ontario to prevent any further action by Child Welfare Services.

After serving MetCap Living Management with notice

## At a glance

Facts and figures about medical marijuana:

- More than 37,000 Canadians are currently licensed for possession.
- Users currently must be licensed through Health Canada.
- Rule changes coming April

1 mean users cannot grow their own medical marijuana, but must purchase it from a government-approved supplier.

- Under the same rule changes, users can be approved by a doctor's prescription, and won't need a licence from Health Canada.

of the Human Rights complaint, Quinn said the alleged harassment has stopped — but he still doesn't feel safe.

"You've put my family in danger, you've put me in danger, you've ruined our Christmas, you made us feel like criminals," he said. "I want a public apology, but I don't know that it's enough."

Quinn said medical marijuana is a legitimate prescription in Canada, and it's

unreasonable for anyone to persecute a user — or treat them any differently — because of it.

"I know what it's done for me, it's changed my life," he said. "But ... the stigma around it is so negative and so wrong. It's so false. It needs to be changed."

Neither the superintendent or property manager of Quinn's building returned calls for comment.



## 'You need a lawyer, sir.' Judge ensures alleged murderer can find phone

Provincial court judge Alan Tufts said Monday he would arrange for a Dartmouth man charged with first-degree murder to use a phone himself if needed.

The case of Albert Rex Baird, 45, was back before the courts on Monday but won't proceed to a preliminary inquiry in April because the accused has yet to find a lawyer.

"It's frustrating," Baird, who is charged with killing his former common-law wife Ronda (Corbin) Wilson in 2002, said in Kentville provincial court Monday.

Public defender Ken Greer spoke on Baird's behalf. Greer said he had determined he would take Baird's case but it "didn't work out" because Greer found out he has a conflict issue with the file.

Greer said the accused has been calling lawyers when he can but has been having difficulty regularly accessing a telephone while in custody.

Tufts said he has no con-



Albert Baird COURTESY KENTVILLE REGISTER

trol over what happens at the correctional centre. However, he said he would arrange for Baird to be transported to the Kentville Justice Centre to use the phone if necessary.

"You need a lawyer, sir," Tufts told Baird. "I'll make every effort I can and every accommodation I can facilitate for you to get a lawyer."

The judge said he would be setting new dates in July or the fall for Baird's preliminary inquiry. KENTVILLE REGISTER



## Lieutenant lost far from home returns to tearful salute

A motorcade carrying Lt. Andrew F. Webster heads to Halifax from the airport on Monday afternoon while sailors salute from an overpass on Highway 102. Webster, an officer on HMCS Toronto, was found dead while on shore leave in the Seychelles islands in the Indian Ocean. The military death was not combat related, and foul play isn't suspected. ANDREW VAUGHAN/THE CANADIAN PRESS

## Stonehurst. Fisherman's body found near shore

Police say a man's body was found near the shoreline of a Nova Scotia fishing community after he went out to break the ice around his boat.

RCMP Sgt. Al LeBlanc says they received a report at about 1 a.m. Monday about a man who failed to return from working on the ice Sunday.

He says emergency crews and a helicopter were dispatched to Stonehurst near Blue Rocks in Lunenburg County.

### Cause of death

Police do not suspect foul play.

LeBlanc says searchers found the 79-year-old man submerged near the shore at about 5:30 a.m.

Police have not released his identity but believe he was from the Stonehurst area.

THE CANADIAN PRESS

### Safe and sound

### Missing patient found month later

Capital Health says a patient missing for over a month from a Dartmouth hospital has been located safe and sound.

Vladimir Trubman, 50, failed to return to the East Coast Forensic Hospital after one of his "indirectly supervised" trips into the community on Nov. 25.

Capital Health issued a release Monday afternoon saying Trubman had been located and was safe. No other details were provided. METRO

### Truro

### Bat-man spooks would-be robber

Police say a 28-year-old man is facing charges in an attempted robbery that saw the store clerk chase after the perpetrator with a baseball bat.

The incident happened Saturday at 7:30 p.m. at Le-A-Pol grocery in Lower Truro. RCMP say a man placed a bag on the table and demanded money, saying he had a weapon.

He was chased out of the store and arrested shortly after at a home on Truro Heights Road. METRO

### Potholes arrive early.

Councillor asks drivers to be mindful on roads and report potholes



HAILEY RYAN  
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Councillors and HRM staff are urging drivers to watch out for potholes after a rapid freeze and thaw brought them onto city roads a few weeks earlier than usual.

Janet Bryson, an HRM spokeswoman, said Monday that potholes usually start

### Wild out there

"We've had a whole season worth of weather conditions in this month."

Coun. Linda Mosher

appearing in late January or early February, but many have been reported since the middle of December.

"Honestly, given the warm temperatures now and the cold that's coming, we'll continue to see them," Bryson said.

She said the quick switch from cold to warm is a recipe for potholes. They form when water gets underneath the asphalt, freezes and expands

it, then contracts the asphalt when the ice thaws.

The pavement is easily cracked when vehicles and plows go over the road, Bryson said, but since 2011 HRM has hot-patched most holes with a mobile asphalt recycler that forms a stronger bond than the cold-patch technique.

"We need residents to report them and adjust their driving because of them,"

said Coun. Linda Mosher.

Mosher said she hasn't received complaints from her residents about potholes yet but has noticed many and asked HRM to put out a notice that they're being worked on.

She doesn't believe there are necessarily more potholes than usual this season, but agreed with Bryson they're definitely popping up earlier.

Downtown Halifax Coun. Wayne Mason also hasn't heard any complaints. He said most people likely accept the fact they'll occur earlier when there's a quick thaw.

"It's one of the joys of living in a Maritime climate," Mason said with a laugh.



This man allegedly broke into a Dartmouth home and stole gifts on Dec. 19. CONTRIBUTED

## Police ID alleged Grinch

Police say they've now identified a man who allegedly robbed a Dartmouth family of their Christmas presents — but haven't been able to find him yet.

Halifax Regional Police spokesman Const. Pierre Bourdages said it's one thing to know who a suspect is but it's another to track them down.

"We've checked the known residence and known hangouts," said Bourdages on

Monday.

Around 4 p.m. on Dec. 19, police say a man reported a break-in after returning home from work. A review of security footage showed a suspect breaking into the Athorpe Drive home around 11:20 a.m.

Police say the burglar stole a number of wrapped Christmas gifts, electronics and collector coins before leaving.

On Dec. 23, police released photos and a video of the

man inside the home, which Bourdages said led to dozens of "tremendously" helpful public tips.

However, if investigators can't locate him soon, Bourdages said the next step could be to send out a warrant for his arrest.

Bourdages said the suspect used to live in Halifax, but police have no information "one way or the other" on whether he's still nearby.

HAILEY RYAN/METRO

# The best that Halifax can be

**You may say she's a dreamer ...** But she's not the only one participating in a Facebook page sharing ideas to improve the city



**HALEY RYAN**  
haley.ryan@metronews.ca

Big ideas like flying a balloon above the city, zip-lining along the waterfront or creating a unique statue for the city may seem like a lot of hot air, but a popular online community has spent the last year dreaming up ways to make Halifax the best it can be.

Corinne MacLellan and a few others launched the Facebook page Dear Halifax in 2013 when it seemed the city was "turning over a new leaf" with a new council, mayor and development announcements.

The group asked people what their ideal version of the city looked like.

"We said ... let's think about the most strategic ideas to the most whimsical ideas," MacLellan said Monday in an interview. "In the middle there was lot of really invested discussion."

MacLellan said she is "definitely surprised" by the 6,000 page members, many of whom post regularly and give detailed opinions on how to improve things like transit or

traffic flow.

Dear Halifax is also a place where anyone should feel comfortable posting their opinions because the administrators don't allow bullying or intimidation, MacLellan said, and try to balance out attacks on politicians.

Looking back over the year, MacLellan said main themes were getting around the city more easily, keeping jobs here, and a "palpable desire" from ex-Haligonians living away that want to come home

## Quoted

**"Everybody has a say, and your say is welcome here."**

Corinne MacLellan, one of the founders of Dear Halifax, a Facebook page dedicated to compiling a wish list for the city

and work.

Specific dreams like a unique statue or zip-lining project aren't in the works yet, but MacLellan said it turns out

"controlled release" hot-air balloon rides are actually offered from the Common, although you can't fly over the city.

The Dear Halifax question for 2014 is, "What's next?" to get people thinking about where the city is headed and what we can do to get there.

"There's something really satisfying about — as a community — setting a goal, and achieving that," MacLellan said. "It'll be fascinating to see what are some of those things on our to-do list."



## Calm between the storms

Two people take advantage of the warm weather on Monday to try their hand at fishing near Alderney Landing in Dartmouth. Temperatures soared to 9 C, bringing rain warnings and fog to the region.

JEFF HARPER/METRO

## Provincial Exhibition. Staff face sudden layoffs

Administration employees of the Nova Scotia Provincial Exhibition have been laid off and the board chairman and another member have resigned.

"I don't understand why," said Colchester County Mayor Bob Taylor, who is also the municipality's representative on the board, of the sudden layoffs and resignations.

Taylor said there had been recent "rumblings" that some board members wanted to make changes but he was also seeking clarification on the situation. The NSPE has been struggling



A sign at the NSPE office in Truro Monday. **TRURO DAILY NEWS**

to deal with a crippling debt load of about \$1 million, though efforts have been made in recent months to reduce the total amount. **TRURO DAILY NEWS**

## Cape Breton. Health authority reports first case of influenza A

The Cape Breton District Health Authority is telling residents to take precautions to limit the spread of flu after the region's first case of influenza A.

The health authority says proper handwashing is the first line of defence to help prevent the spread of the virus.

It also advises people to get a flu shot.

Symptoms of the flu include a sudden onset of ill-

ness, high fever, headaches, general aches and pains, fatigue, congestion and a heavy cough.

The health authority says anyone who has flu-like symptoms should stay at home and avoid large crowds.

It says if the symptoms change or get worse, then people should contact their family doctor or the province's 811 health information service.

**NEW GLASGOW NEWS**

## Kentville. Woman accused of baby-bunny theft avoids jail time

A Kentville woman charged in connection with the theft of bunnies from Hennigar's Farm Market in Greenwich last year won't be going to jail.

Tessa Lee Davidson's case will be dealt with through adult diversion.

The 19-year-old pleaded guilty to a charge of theft under \$5,000 in November.

The Crown decided not to proceed with a second charge: the possession of

## Poor babies

2

The number of baby bunnies stolen from Hennigar's Farm Market on Aug. 25.

stolen property obtained by crime.

Davidson was not present in Kentville provincial court on Monday.

**KING'S COUNTY REGISTER**



# One new way to catch a thief? Try social media

**Theft of the Silver Plated Bowl.** Alleged light-fingered dude could be in for humiliation via the Internet. Countdown!

**DAVID INGRAM**  
For Metro in London, Ont.

Mike Manuel, owner of the London Music Hall in London, Ont., has taken to social media in hopes of recovering property he says was stolen during a party to ring in the new year.

A Jan. 3 post on the venue's Facebook page lays it all out: Return the item by 6 p.m. next Friday (Jan. 10) or "images" of those responsible will be displayed "using multiple media platforms," the post says.

The Music Hall has even created a faux Facebook event called "Catching the NYE Thief." It's set to start at the Friday deadline.

According to Manuel, at 12:53 a.m. during the New Year's Eve Penthouse Party, a silver-plated bowl valued at \$300 went missing.

After whispering back and forth, one person distracted a bartender while another, looking to be in his early 20s, slipped out with the item through an emergency exit, Manuel told Metro.

"It was planned. It wasn't spontaneous," he said Monday. "They talked about it for about 10 minutes."

Manuel said he knows how it all went down because everything, and the faces of those believed to be responsible, can clearly be seen on footage taken from the 64 cameras inside the hall.

On Monday, a photo of one of the people alleged to have

been involved — shown from the neck down standing next to the bowl in question — was posted on Facebook.

"We feel we should give (the alleged thief) a chance. We don't want to ruin the guy's career."

**Hold on! Maybe not...**

London Music Hall owner Mike Manuel shouldn't be negotiating or, worse, threatening a suspect with public shaming, said London Police Const. Ken Steeves. There's a thin legal line of extortion involved when telling someone they must do something or face the consequences via a public shaming, Steeves told Metro. If Manuel is a victim of crime, he should contact police, Steeves said.

SCOTT TAYLOR/  
METRO IN LONDON, ONT.



The London Music Hall published this post Monday on Facebook. The bottom left image shows one of the people alleged to be responsible for a theft during a New Year's Eve party, the club's owner says. It also shows the serving bowl the club owner says was stolen. FACEBOOK

## Balancing act. Woman protesting marijuana 'ban' in Alberta hospitals

Medical marijuana user Lisa Kirkman says she used to regularly consume vaporized cannabis while in Alberta hospitals, but a sudden change in policy and grinding bureaucracy have now made it effectively impossible for her to access medical care.

"I want to be able to receive medical treatment like every other Albertan, like every other Canadian," she said Monday.

Kirkman said a Nov. 4 Alberta Health Services (AHS) memo, which she described as a well-intentioned attempt to codify a previously ad hoc policy on vaporizer use, ended up resulting in vaporizers being effectively banned in the

interim. "In the meantime, we should go back to the status quo," she said. "I need care now. I needed care two months ago."

Kirkman said she needs marijuana to control a host of medical conditions, typically vaporizing every 15 to 20 minutes.

Currently, AHS "is looking at developing a process" for in-hospital marijuana use, according to spokesman Don Stewart. "This is about the balance between patient need and the health and safety of other patients, staff and visitors."

Kirkman plans to stage a "vape out" at a Calgary hospital Wednesday.

ROBSON FLETCHER/METRO IN CALGARY



Lisa Kirkman uses a vaporizer at her home. ROBSON FLETCHER/METRO IN CALGARY



Dennis Rodman shakes hands with North Korea's sports vice-minister Son Kwang Ho upon his arrival at the international airport in Pyongyang, North Korea, Monday. KIM KWANG HYON/THE ASSOCIATED PRESS

## Happy birthday, glorious leader! Your pal, Dennis

**North Korea.** Ex-NBA players to square off against local team

Dennis Rodman said Monday that a game he and other former National Basketball Association players are planning in North Korea will be a "birthday present" for leader Kim Jong Un.

Rodman's squad, featuring ex-All Stars Kenny Anderson, Cliff Robinson and Vin Baker, will play against a team of North Koreans on Wednesday, which is believed to be Kim's birthday.

Rodman said he was glad to be in North Korea for the game, though he said he has gotten death threats for his repeated visits. He said proceeds from the game would go to a charity for the deaf in North Korea.

"The marshal is actually trying to change this country in a great way," Rodman said of Kim, using the leader's official title. "I think that people thought that this was a joke, and Dennis Rodman is just doing this because of fame and fortune." Instead, he said, he sees the game as a "birthday present" for Kim.

"Just to even have us here, it's an awesome feeling."

THE ASSOCIATED PRESS

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# How's the weather up here?

## Edmonton

After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.



In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

## Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.



## Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.



## Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.



## Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.



## Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.



## Regina

Bundled-up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill. The leak prompted an emergency water shutdown along Dewdney Avenue, one of the city's busiest streets.



## Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000 per cent from the previous December.



## London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.



## Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.



METRO/TORSTAR NEWS SERVICE/THE CANADIAN PRESS

2013  
BETWEEN:

SUPREME COURT OF NOVA SCOTIA  
Hfx No. 420194

CIBC Mortgages Inc., a body corporate  
— and —  
McCaig & Company Incorporated in its capacity as  
Trustee of the Estate of Heidi L. Biols, a bankrupt  
and Christopher M. Lavers

PLAINTIFF  
DEFENDANTS

NOTICE OF PUBLIC AUCTION

To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY:  
House, lands and premises known as 15 Eunice Drive, Brookside, Halifax Regional Municipality, Nova Scotia, identified by PID 656223 and referenced at Schedule "A" of the mortgage dated December 30, 2009 and recorded at the Halifax County Land Registration Office as Document No. 95056637. This property is registered pursuant to the Land Registration Act.

A copy of the description of the property, as contained in the mortgage foreclosed, are on file at the Sheriff's office and may be inspected during business hours.

Date of Sale: Thursday, January 9, 2014.  
Time of Sale: 12:30 p.m. local time.  
Place of Sale: Conference Room 3, 2nd Floor, The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.  
Terms: Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.

Signed December 2, 2013.

Nicholas C.G. Mott  
COX & PALMER  
1100-1959 Upper Water Street  
PO Box 2380 Central  
Halifax, NS B3J 3E5  
Solicitor for the Plaintiff

Allan D. Coley  
Sheriff for Halifax Regional Municipality

## Newfoundland outages continue for 4th day

Crews in Newfoundland made progress Monday on restoring energy for thousands of people as the island entered its fourth day of power outages that were triggered by a combination of cold weather, a fire at a terminal station and a power plant that went offline.

Schools throughout the island have been shut down until Wednesday as a result of the power shortages.

Warming centres have also been set up for people without power.

Newfoundland Power president Earl Ludlow said crews have made strides in restoring power after residents and businesses were told a day earlier to conserve energy.

"I know it's frustrating: I know it's difficult," Ludlow told a news conference. "But I will also say that the plea

for conservation did show up very quickly."

Premier Kathy Dunderdale said the situation was improving, but people should still be conserving power.

"We're coming out the other end but we need to be careful about what we're doing for the next few days and few weeks and the more that people can contribute to that effort, the better off we'll all be." THE CANADIAN PRESS



# Spending to slim down despite rabid appetite for gadgets: Analysts

**\$1.06 trillion on tech.** Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to \$1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of \$1.07 trillion estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget



**Appetite for smartphones, such as the iPhone 5C, remains strong.**

JUSTIN SULLIVAN/GETTY IMAGES

show on Sunday.

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech

gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from \$444 in 2010 to an estimated \$297 this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS



## 'It wouldn't be B.C. without it'

A protester rushes the stage as Prime Minister Stephen Harper speaks at the Vancouver Board of Trade in downtown Vancouver Monday. Two protesters evaded security to protest climate change. Harper quipped, "It wouldn't be B.C. without it," to applause and laughter from the crowd. THE CANADIAN PRESS

### New study

## Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

### Market Minute



**DOLLAR**  
93.88¢ (-0.11¢)



**TSX**  
13,495.54 (-53.32)



**OIL**  
\$93.43 US (-\$0.53)



**GOLD**  
\$1,238 US (-\$0.60)

**Natural gas:** \$4.30 US (-\$0.01)  
**Dow Jones:** 16,425.10 (-44.89)

# U.K. barristers stage 1st national walkout

Hundreds of British lawyers — many dressed in traditional white curled wigs and black gowns — swapped courtrooms for picket lines Monday to protest planned cuts to legal aid.

Cases were disrupted at courts including London's famous Old Bailey criminal court as barristers in England and Wales staged their first national walkout. Only one of 18 courts at the Old Bailey managed to hold a sitting during the half-day strike.

The British government, which has slashed billions from

public spending in the name of deficit reduction, plans to cut lawyers' fees to reduce the legal aid budget by 220 million pounds (\$384 million US) a year through 2019.

The government says Britain's legal-aid system, which costs about two billion pounds a year, is among the world's most expensive. It insists barristers are well paid — with 1,200 receiving 100,000 pounds or more in income from legal-aid fees last year — and says their fees will remain "generous."

THE ASSOCIATED PRESS



**Alice Jarratt takes part in a protest during a demonstration against cuts to legal-aid funding in London on Monday.** ALASTAIR GRANT/THE ASSOCIATED PRESS

**TOP SIX @ 6** Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Miley Cyrus Adore You
- 5 Classified Pay Day
- 4 Beyoncé XO
- 3 Pitbull ft. Ke\$ha Timber
- 2 Passenger Let Her Go
- 1 Eminem ft. Rihanna The Monster

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# MARS ONE IS LOOKING PRETTY GOOD NOW

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment — one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather — and rightly so. There is just so much conversation material out there in the atmosphere. Phrases like “polar vortex,” “frost quake” and “Nor'easter” have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase “It's going up to a balmy -12 tomorrow,” without a hint of sarcasm.

But sometimes even the hardiest Canucks in their puffiest, goose-down jackets are no match for mother nature's wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don't seem feasible. Where's the appeal in an evening at the skat-

ing rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year's resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I'll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren't a thing.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Hey, mom! Look what I can do



CHARLES DHARAPAK/THE ASSOCIATED PRESS

#### Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the

zoo's female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she's working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

#### The zoo's point of view

- The zoo won't make Bao Bao or her mother do anything they don't want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

#### Newborn dreams

“She doesn't even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now.”

Brandie Smith, panda curator  
National Zoo in Washington

#### Clickbait



**LUKE SIMCOE**  
Metro Online

The start of a new year is a time for reflection. It's also a reminder that we're all another

year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

#### Death Clock:

This site's tag line is “predicting the demise of others since 2006.” Just fill in a few details about your age, place of residence and diet and you'll get a handy prediction you can take to your financial planner. (death-clock.org)

#### Death Timer:

As a bonus, this site will create an image of a tombstone with your name on

it. It will also scold you if you smoke or drink too much. (deathtimer.com)

#### The DeathList:

If you're more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)



COURTESY/TIKKER

#### Twitter

@metropicks asked:  
@MyTikker watch approximates when you'll die and counts down to the second. Would you live differently if you knew?

@Earl\_of\_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. “U officially wasted 2 minutes of my life. No, really, look at my watch.”

@Earl\_of\_Halifax: I'd probably live faster

Follow @metropicks and take part in our daily poll.

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



DVD review



I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as *Women on the Verge of a Nervous Breakdown*. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of *Airplane!* Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

# Finding escape in fear

**Helix.** Billy Campbell, star of new Showcase series, talks about our obsession with being terrified



RICHARD CROUSE  
scene@metronews.ca

"I've been reading film scripts for over 30 years," says *Helix* star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like *The Rocketeer* and Francis Ford Coppola's *Dracula*, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like *Once* and *Once Again*, *The O.C.* and *The Killing*.

His latest project, the sci-fi series *Helix* debuts on Showcase on Friday. Produced by *Battlestar Galactica* creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, *Slow Burn*

Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was *The Andromeda Strain*, then John Carpenter's *The Thing* and a little bit of *Walking Dead* popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell



Billy Campbell stars in *Helix*, debuting Friday on Showcase. CONTRIBUTED

# 2 SCENE

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## Disick loses father just months after mom's death

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey Disick, died from undisclosed



Scott Disick

causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."



### Twitter



@mradamscott

I want Downton Abbey bloopers and I want them now



@msleamichele

Such a lovely holiday break with friends and family. Revived and refreshed:) Ready for this new year!



@WhitneyCummings

I feel like you know you're in love when you can't stop thinking about (killing) someone



Lindsay Lohan ALL PHOTOS GETTY IMAGES

## Lindsay's dream of model relationship with toy boy ends with a tattoo

Lindsay Lohan's pursuit of 18-year-old model Morgan O'Connor seems to have ended unsuccessfully, as O'Connor has reportedly told the troubled starlet to

take a hike, according to Radar Online. "When he first started hanging around Lindsay, she was totally chasing him and everyone was telling him not to go out with her because she is white trash and would bring his career down," a source says. "But he had a good time with her and got to go to a lot of parties that he wouldn't have been able to go to before. Now he realizes that he can't hang out with Lindsay and he basically dumped her and is trying to commit to his girlfriend again." As a clear sign of that change of heart, O'Connor recently had the name of ex-girlfriend Chiara DiGiallorenzo permanently applied to his body. "Morgan has always really loved Chiara, and he tattooed her name on his arm to prove that," the source says.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Holyfield's homosexuality comments land him in trouble

Say you are reading this and you are a celebrity. Let's try an exercise: What do you do if you think of something that maybe isn't the most PC thing in the world? Do you: A. Say it out loud. B. Keep it to yourself. C. Write it in a journal which you then burn. If you answered B or C, you have a long future ahead of you in the world of celebrity. If you answered A, we need to talk.

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to

an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS

## Madonna tells online masses to 'calm down' after Rocco's booze pose



Madonna

Maybe she was just trying to be a "cool mom," but popstar Madonna has come under fire for posting a photo to Instagram of her 13-year-old son, Rocco, and two pals holding up bottles of gin and vodka with the caption, "The party has just begun!"

The photo was taken during a vacation in the Swiss Alps in Switzerland, where the legal drinking age is 16.

After receiving more than 1,200 comments on the photo within 24 hours, the singer addressed the issue herself, writing, "No one was drinking. We were just having fun. Calm down and get a sense of humour."

## Frosty Domestic Medium Hair

Frosty is a sweet boy with a gentle soul who was rescued with several others from a life of living outdoors at a local trailer park. He can be quite shy, but loves to be petted and with a gentle approach you will hear him purr. Being on the more quiet and placid side, he would probably prefer a quieter home. He has come out of his shell since coming into our care and once settled into his new home, we believe he will become a loyal friend who loves to snuggle into his new owner!



For more information on Frosty and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# FAQs for fighting the flu

**Getting informed.** Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next? There are plenty of such questions being posed these days. Here are a few, and some answers.

**All the headlines these days are about influenza. Is this a dire flu season?**

Not really. It's a flu season — which means you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month.



The H1N1 virus is predominating this year's flu season. ISTOCK

There's been a fair amount of activity, but it's not terrible. And that should be it," says Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital.

**Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?**

H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, all influenza does have the potential to cause serious illness.

**There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill**

**old people?**

What is different about H1N1 is who is vulnerable to it and who it seems to hit hard. Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot of attention in the media this year.

**Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual?**

Numbers don't mean much

when it comes to seasonal flu and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza. If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

**People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?**

Public health officials will always say, "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later. **THE CANADIAN PRESS**

Half off

## 10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert to lose half of her body weight while writing about it in her online blog, Half Off.

Elisha is kick-starting the new year with a shorter term goal: 10 pounds in six weeks.

Breaking your goal into pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa.

Theresa suggested that Elisha create some eating rules to help her achieve the goal. Rule number one: eat in, not out. For lots of delicious ideas, try Theresa's Weekly Meal Solutions on her website at myfriendinfood.com.

Exercise is also a challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," said Elisha. But she has discovered she likes to dance for exercise and often plays Just Dance on the Wii for cardio.

With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

YVLA VAN BUUREN/FOR METRO

# 3 WEEKS

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# Give Slow Cooker Meatballs some new life with nutrition-rich seeds

## Health Solutions

### Chi-chi-chi-chia seeds pack punch



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:

- Chia is an excellent binder when making meatloaves or meatballs because it holds water better than breadcrumbs.

- Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.

- Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



There are many ways to use chia seeds, such as grinding them in a salad dressings. ISTOCK



**PREP**  
10 MINUTES

This recipe serves six. COURTESY THERESA ALBERT

**THERESA ALBERT**  
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

1. Place ground beef, oats, egg, chia and seasoning in a

bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

3. Microwave tomato sauce with the lid off to speed up cooking.

4. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or on

## Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirled in a blender
- 1 egg, beaten

- 1 tbsp whole or ground chia seeds
- 1 tbsp Italian seasoning
- 1 jar tomato sauce

low for 8-10.

5. Serve with buns for Meatball Sandwiches or over pasta with salad.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# Pork Bolognese gets five-spice treatment

This Bolognese is mostly effortless. You can make it even more so by using the food

processor to chop your vegetables. Just toss them all in at once, then pulse until finely

chopped. As for the meat, pork is delicious, but feel free to substitute beef, veal or turkey.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside.

2. Meanwhile, heat a large sauté pan over medium-high. Add the pork and sauté for 2 minutes, or until fat begins to

render from the meat.

3. Add the onion, celery, carrot and garlic. Sauté until the carrots are tender, about 5 minutes. Stir in the five-spice powder and tomatoes. Bring to a simmer. Stir in the Parmesan, then season with salt and pepper. Stir in bit of basil.

4. Add the pasta, tossing to coat well. Serve topped with additional basil.

**THE ASSOCIATED PRESS**



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

## Ingredients

- 12 oz pasta
- 1 lb lean ground pork
- 1 large yellow onion, diced
- 1 celery stalk, finely chopped
- 1 carrot, peeled and finely chopped
- 3 cloves garlic, minced

- 1 tbsp five-spice powder
- 28-oz can crushed tomatoes
- 1/2 cup grated Parmesan cheese
- Salt and ground black pepper
- Chopped fresh basil



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# ACING A POST-SECONDARY APPLICATION

## TRENDS, TRICKS FOR GETTING ACCEPTED

Every year brings a few new post-secondary school admission trends. It is a stressful time for applicants who are still hoping to receive an acceptance from their preferred school. In fact, the post-secondary school admission process continues to cause anxiety for teenagers and their families. Many parents find that applying to post-secondary institutions is dramatically

different from when they went to school. Here are a few new trends.

Continued increase in post-secondary school applications. Most colleges and universities experienced an increase in applications with many students increasing the number of schools to which they applied. Students feel that by casting a wider net they will have more choices in the end. Almost 85 per cent of college or university applicants apply online, which is one of the reasons why students are applying to more schools.

More schools are using wait lists. At

least when students receive an acceptance or rejection, they know where they stand. With an increase in wait lists being used, too many students are in a state of limbo, hoping that they will be accepted to a school from the wait list. This can be a false hope since universities and colleges are actually taking fewer students off their wait lists than they did previously. Only about 25 per cent of applicants ever make it off the wait list.

Different factors continue to gain importance in post-secondary school admissions. While strength of curricu-

lum, grades and test scores continue to be defining criteria for post-secondary school acceptance, the college or university essay has taken on a new importance. Schools feel it is the one piece of information that can help them discover something unique and interesting about an applicant. Making a campus visit, requesting an interview with a school representative, and having communications with the school show them that you care enough to take the next step. Only then do they consider you a serious applicant.

— Metro News Services

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Consistent with their mission of being a pioneer in the field of business, Maritime Business College (MBC) offers a broad range of courses in the health-care industry.

By developing new programs to meet the changing needs of industry, and by updating existing programs to ensure that students are expertly trained MBC graduates enter the workforce trained with the up-to-date skills that they need to excel.

This is also true when it comes to MBC's health-care programs.

Successful graduates of the Medical Office Administration program are proficient in medical office practices and terminology, enabling them to manage patients and their information.

The new disability support program teaches students how to assist the disabled by developing their life skills and by teaching them how to care for themselves.

Students will be trained to work with disabled clients that face



SUBMITTED

physical, mental, and/or intellectual challenges.

MBC has also added an innovative program to develop anaesthesia technicians. This is the only training of its kind in Atlantic Canada, and was formed in partnership with the QEII.

These three programs have been designed so that a two-year program can be completed in 52 weeks or less.

For more information, visit [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca).

# ADULTS GOING BACK TO SCHOOL

With the economy in the state it's in, more people are enrolling in post-secondary programs since having a diploma or degree can lead to better paying jobs, allows for career advances, provides additional training in a field they enjoy and can even provide opportunities to change careers.

Going back to school is becoming a very attractive option for many adults over the age of 25 who did not enroll in college or university after high school. Here are more reasons adults are returning to school in their 30s, 40s and even 50s:

Open your own business. Many share the same dream of being their own boss. If you want to own your own business, obtaining a degree is a great place to start.

Gain a competitive advantage in the job market. Education in a field like criminal justice or computer science gives you the ability to pursue careers in areas that currently have more jobs than workers.

Change careers. A degree may allow you the opportunity to change careers altogether. If you've always



COLOURBOX

wanted to be a licensed professional but feel you're stuck in a factory or office job, you can now pursue your dream.

Desire to go back to work. Many stay-at-home parents whose children are now grown want to obtain the college degree they never had time for when their children were young.

— Metro News Services

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# FOCUS ON SUCCESS

Success College provides career training in industries that make a difference for their students. One of their core strengths is preparing students for consumer-focused careers in custom services, such as interior decorating, travel and tourism, and IT specialist.

Professional interior decorators create and implement decorating plans for homes, offices, shops and other professional spaces and the interior decorating program provides comprehensive training in residential and commercial interior decorating and space planning.

For those with the travel bug, students of the travel and tourism program will gain first-hand experience in international travel with a one-week familiarization tour, on top of the knowledge gained in class.

Students in the Success College IT specialist program learn to install and configure software and operating systems.

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the initial design of a corporate network structure, this program then expands from basic software administration into software management, network hardware set-up, connecting to the outside world through the Internet, as well as design and administration of database systems.

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To learn more about these programs at Success College, visit [successcollege.ca](http://successcollege.ca).

# PRODUCER, DJ TAKES HIS CAREER TO THE NEXT LEVEL

Justin Gaudreault had taken his music career as far as he could on his own before deciding to enroll at the Centre for Arts and Technology (CAT).

"I enrolled into the Audio program as a DJ and self-taught music producer," says Gaudreault, AES, producer, engineer, sound designer, lab instructor for CAT, and entrepreneur and owner of JG-Audio.

"I was looking to gain the needed skills to make my career in music, but once I actually started classes I realized that there were many areas of the audio industry that I have never thought of like music for film, sound design, post production audio for film and more."

Since graduating from CAT, Gaudreault has worked hard to create a successful name for himself in the Halifax music scene and is also a lab instructor at CAT.

CAT's Audio Engineering and Production program offered Gaudreault a chance to gain more knowledge needed for the entire audio field, not just music produc-




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tion and felt more personalized and well-rounded than what other schools covered.

"The knowledge I now possess has prepared me for the field and I am more confident in my abilities with the training I've received at CAT," says Gaudreault.

For more information about the audio engineering and production program, visit [digitalartschool.com/halifax/audio-engineering-production](http://digitalartschool.com/halifax/audio-engineering-production).



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# RELEASING YOUR INNER ARTIST

This year, add exercising your creativity to the list of New Year's resolutions.

Nova Scotia College of Art and Design University (NSCAD) can help you to uncover hidden talents, make friends and expand your technical skills.

"The winter is a perfect time to learn something new," says Catherine Allen, program coordinator, school of extended studies, NSCAD. "From the absolute beginner to the professional artist, we have

courses for everyone."

This winter's new offering for youth (high school students) is Art 101.

This week-long series of workshops will expose students to illustration, metalsmithing, stop-motion animation, glass working and letterpress printing, and give students a chance to create pieces for their portfolio or just for fun.

NSCAD also offers a number of new workshops in March; Walk the Plank

(ages 5-8), Monster Madness (ages 9-11), Paint What You See in 3-D! (ages 12-14)

The new adult programs this winter include; Paint by Numbers (mixed media), Renegade Embroidery, Yard by Yard (Landscape Design), Art Therapy: Relaxation, Mindfulness and Mandalas.

Register with a friend for an adult course and each receive 25 per cent off. Registration begins Jan. 14, 2014. Call 494-8185 or visit [nscad.ca](http://nscad.ca).



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## BUILDING RELATIONSHIPS AND COMMUNITIES

The intellectual disability studies diploma program offered through St. Francis Xavier University, continuing and distance education department, is an award-winning diploma program created in collaboration with experts in the field of disabilities.

This unique program is available online to adults with experience and interest in people with developmental disabilities.

While issues such as policy development and service delivery are fundamen-

tal to care, these courses focus on friendship and building relationships of mutual benefit between people with and without intellectual disabilities.

"We feel it is important to pay attention to the contributions that people who have an intellectual disability make towards building stronger communities," says Mary MacInnis, program coordinator. "We believe they have an important role to play in recovering the meaning of community and in bringing about per-

sonal and social transformation."

The diploma is a progressive way of addressing some of the toughest challenges in the field of intellectual disability.

People in the social services, parents and others in Canada and abroad have pursued the diploma or taken individual courses. Each 12-week course in the is structured so that students can complete the approximate 10 hours of work required each week on their own schedule.

For more information, visit [stfx.ca](http://stfx.ca).

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# It's a new chapter for returning Moose

**QMJHL.** After Team Canada's disappointing world junior finish, Drouin, Fucale are expected to suit up for the Herd this weekend



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

Undoubtedly, the world junior hockey championship clearly illustrated that there is no shortage of top-notch up-and-coming talent.

Plenty of it isn't only coming from Canada.

Sunday's thrilling final between Finland and Sweden stood as a fitting finish for a memorable week and a half of hockey.

"The championship game, that was one of the fastest games I've seen in a long time," said Halifax Mooseheads general manager Cam Russell.

"We have to realize that, hey, there are some really good hockey teams out there."

For the second time in as many years, Team Canada was denied a medal, finishing fourth.

On Monday evening, Zach Fucale, Team Canada's starting goalie, and Jonathan Drouin, its No. 1 forward, returned to Halifax to carry on their lives with the Mooseheads. They're expected to be back in the line-up for both weekend games at home.

"First of all, they're great competitors, they love hockey, they want to win and they're



Mooseheads netminder Zach Fucale, pictured, and forward Jonathan Drouin are expected to suit up for the Herd this weekend. JEFF HARPER/METRO

coming back and I know they'll be excited to be back here," said Russell.

"I'm proud of what both those guys did. They handled themselves professionally; they played with fire. Fucale at 18 years old, played great against the world's best junior hockey players and Jonathan was easily one of the best forwards for Team Canada every night."

No doubt the pain of defeat and unfulfilled expectation will be difficult for the pair to get over. But Russell believes neither player pays much heed to the heavy and sometimes

malicious criticism that's been directed at Team Canada and its players.

"Any time you put on a Canadian jersey there's a ton of pressure. There are a lot of players in Canada who know the game, understand the game and have high expectations. That's hockey. These guys have been subjected to this for a long time; they understand that's part of it."

"As for the negativity, that's the ugly side of it. It usually comes from the people who definitely couldn't do what those guys have accomplished."

## Trade deadline

With Tuesday's trade deadline looming, Cam Russell remains open to last-minute moves.

- "We are like every other team that is working hard to try to improve their team. We'll do it if it makes sense for our organization. I like the team we have, if we can improve it for the right price, we'll do it," he said.

## NHL

### Mackinnon's two not enough to fuel Avs past Flames

Jiri Hudler and Joe Colborne had a goal and assist each, and Mike Cammalleri scored a power-play goal at 16:30 of the third period to lift the Calgary Flames to a 4-3 win over the Colorado Avalanche on Monday night.

Sean Monahan also scored and Karri Ramo stopped 22 shots for the Flames, who broke out of an offensive slump to end a four-game skid.

Calgary came into the game having been shut out in three of its last four games. The Flames' only goal since Dec. 23 came in a 4-1 loss to Philadelphia.

Nathan MacKinnon had two goals and Paul Stastny had a goal and two assists for the Avalanche, who had won three straight coming into the game.

THE ASSOCIATED PRESS

## Czech Republic

### Jagr gunning for 3rd Olympic medal

Jaromir Jagr will play in his fifth Olympics, leading the Czech hockey team at the Winter Games in Sochi next month.

Jagr, 41, was on the Czech team that won gold at the 1998 Olympics in Nagano, the first games featuring NHL players. He also helped the Czechs win the bronze medal in Turin in 2006.

The 25-man Czech team, announced Monday in Prague, also includes former Halifax Moosehead Jakub Voracek, Tomas Plekanec and David Krejci.

THE ASSOCIATED PRESS

# Depth of field paints blurry Olympic image



Steven Stamkos skated on Monday in Winnipeg ahead of Tuesday morning's Team Canada roster announcement. Stamkos is trying to return from a broken leg in time to play in Sochi. SCOTT ISKOWITZ/GETTY IMAGES

Sidney Crosby, Jonathan Toews and John Tavares are safe.

That Team Canada has only a few more forwards who are locks to go to the Sochi Olympics next month speaks to the embarrassment of riches and the bevy of questions facing Steve Yzerman and his management staff.

The 25-man roster that will be revealed Tuesday at 11 a.m. in Toronto will show what Yzerman learned from winning gold in Vancouver.

"We're playing good teams; you need good goaltending,"

Yzerman said back in August at Olympic orientation camp. "You need good defence. You need balance. All of these teams are relatively balanced. Any area of weakness can be an issue."

One area that isn't a weakness for Canada is down the middle. Beyond Crosby, Toews and Tavares, there's Ryan Getzlaf of the Anaheim Ducks and Patrice Bergeron of the Boston Bruins.

If Steven Stamkos of the Tampa Bay Lightning can return after breaking his right

tibia, he's expected to move to the wing. Other centres, like Matt Duchene of the Colorado Avalanche, Logan Couture of the San Jose Sharks, Eric Staal of the Carolina Hurricanes and Claude Giroux of the Philadelphia Flyers would likely have to do the same.

"I know some guys are going to have to play different positions, but you do it for the better of the team," Lightning winger Martin St. Louis said at orientation camp. "For the better of the country."

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